

German Laid-Open Application 27 46 479

Shaped confectionery

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The present invention relates to shaped confectionery which is characterized by a high dietary fibre content.

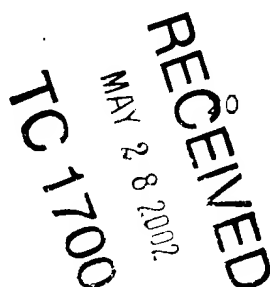
It is known that the lack of dietary fibre promotes the existence of a number of diseases of civilization. Faecal and bowel sluggishness, constipation, obturation, gastritis and gastric ulcer, appendicitis, arteriosclerosis etc. are mentioned in direct connection with an inadequate crude fibre intake (dietary fibre).

[B. Thomas, Getreide, Mehl und Brot, 29, 4, 108-112 (1975); H. Torwell, Am. J. Clin. nutr. 25, 926-32 (1972)].

Conventional shaped confectionery, such as chocolates, chocolate bars etc., contain virtually no dietary fibre, or only insignificant amounts. Also, the remaining customary foods cannot completely cover the constant requirement for dietary fibre.

In contrast, the inventive confectionery is able to compensate for the lack of dietary fibre. This is shaped confectionery which is distinguished by a high dietary fibre content. Furthermore, it is tastier and more consumer-acceptable than other preparations containing dietary fibre, for example tablets, pressed materials etc. As a result of its structure it is possible to add, in addition to the dietary fibre, valuable vitamins, minerals and high-grade protein.

The dietary fibre present in the inventive shaped confectionery, as a result of swelling and absorptive properties, has a beneficial effect on the entire gastrointestinal tract. The residence time of food in the stomach is prolonged, as a result of which gastric secretion can act for a longer time. The feeling of



hunger is lowered as a result of the increased residence time. The high swelling capacity increases stimulation on the intestinal walls, activates intestinal peristalsis and accelerates passage through  
5 the intestine. In the large intestine the high absorption capacity causes the binding of free bile acids and toxic breakdown products.

The inventive confectionery contains dietary fibre at  
10 concentrations between 5 and 70%, but preferably between 15 and 30%. The exact amount of dietary fibre is determined by the composition of the base mix and the dietary fibre content of the substrate materials.

15 The composition of the base mix of the inventive shaped confectionery corresponds to the conventional preparations, for example slab chocolate, chocolate bars etc.

20 Suitable dietary fibre materials are bran, dried beet cossettes, ground plant fibres etc. These dietary fibre materials can be used in the most varied particle sizes, with the particle size being able to influence substantially the chewing impression. Dried beet  
25 cossettes can be used, for example, as fine powder and also as coarse-grained material.

Example 1

	Chocolate mass	13%
	Cocoa butter	21%
5	Soya flour	2%
	(of high protein content and lecithin content and also having a high content of natural antioxidants)	
	Whole milk powder	20%
10	Powdered sugar	29%
	Wheat bran, fine ground	15%

The constituents listed are mixed in a mixer with  
supply of heat and then refined in an appropriate  
apparatus. The mass is then conched for approximately  
24 hours at approximately 50°C. The tempered mass is  
charged into preheated moulds, for example slab moulds,  
and then removed from the moulds after cooling.

20

Example 2

Slab chocolate

	Chocolate mass	13%
25	Cocoa butter	21%
	Soya flour	2%
	(of high protein content and lecithin content and also having a high content of natural antioxidants)	
30	Whole milk butter [sic]	20%
	Powdered sugar	29%
	Beet cossettes, ground to fine powder	15%

35 Processing is carried out as in Example 1.

Example 3

Chocolate bars:

- |    |   |     |
|----|---|-----|
|    | Hazelnuts                                 | 26% |
| 5  | Cocoa butter                              | 14% |
|    | Powdered sugar                            | 33% |
|    | Whole milk powder                         | 13% |
|    | Soya flour                                | 4%  |
|    | (of high protein content and lecithin     |     |
| 10 | content and also having a high content of |     |
|    | natural antioxidants)                     |     |
|    | Beet cossettes,                           |     |
|    | ground to fine powder                     | 10% |
- 15 The constituents listed are mixed in a mixer with supply of heat. After a ripening process of approximately 24 hours, the mass is pressed to form an extruded rod and cut into pieces.
- 20 For a coated bar, 24 g of the above described bar composition are used and coated with 6 g of whole milk chocolate.
- 25 Instead of the beet cossettes, ground plant fibres or finely ground bran kernels may be used.

Claims

1. Shaped confectionery characterized by a high dietary fibre content.
- 5 2. Shaped confectionery characterized by a dietary fibre content of 5-75%, preferably 15-30%.
- 10 3. Shaped confectionery according to Claim 1 and 2, characterized by a beet cossette content.
4. Shaped confectionery according to Claim 1 and 2, characterized by a bran content.